

HANDS-ONLY CPR & AED

Navigating Life's Challenges—Together

Vibrant Hawai'i's certified Hands-Only CPR and AED Instructors are fully prepared to offer free workshops throughout the island. These critical skills are not limited to medical professionals—they are for everyone. As everyday members of the community, each of us has the ability to make a life-saving difference when it matters most.

"Life threatening emergencies can happen to anyone, anywhere, anytime and in these situations every second counts," said Niki Vergara of Hilo Medical Center, who trained the new instructors. "Having more community members trained in these simple skills can help save lives by putting more people within a few steps of lifesaving assistance."

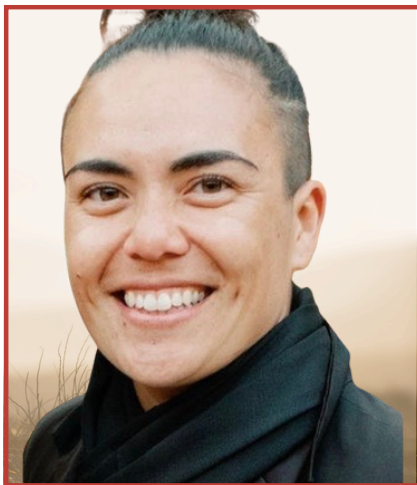


READY TO GET CERTIFIED?

SCHEDULE A TRAINING WITH INSTRUCTORS AVAILABLE ISLANDWIDE



Darryl Oliveira | Islandwide



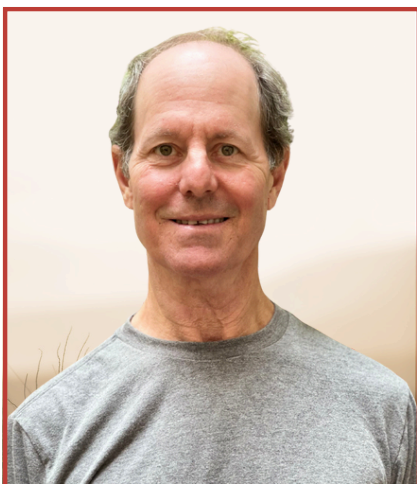
Leinā'ala Kekai | Islandwide



Lance Uchida | Islandwide



Naomi Marks | Hilo



Kevin Kushel | Puna



Jason Trimble | Puna & Hilo



Lei Demello | Puna & Hilo



Jessica Moe | Ka'ū



Laycie Tobosa | Hilo



Shonna Ontiveros | Kona



Siobhan Malady | North Hawai'i



Gerry Delgado | Hāmakua



Maile England-Lee | Puna



Jill Ann Johnson | Hilo



Shylynn Kawamoto | Hilo



Kainoa Willey | North Hawai'i

REQUEST A TRAINING